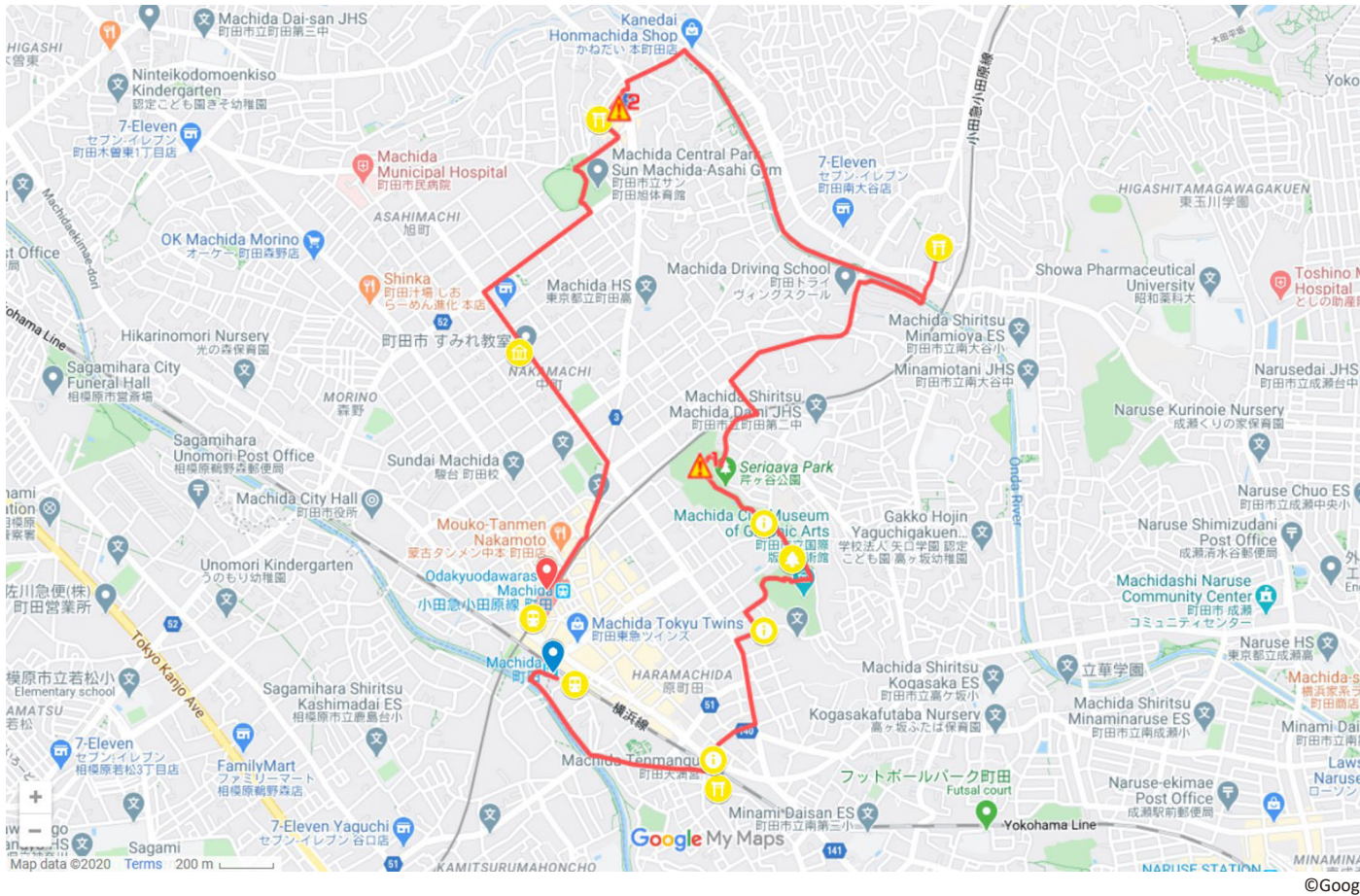


Hara-Machida and Naka-machi area/ Machida Three Tenjin Shrines enshrining Michizane Sugawara

Highlight | Serigaya Park



Route Description

- Machida Station
 - ▼
 - Machida-temmangu Shrine
 - ▼
 - Serigaya Park
 - ▼
 - Minami-Oya-tenjinsha Shrine
 - ▼
 - Sugawara-jinja Shrine
 - ▼
 - SL Degoichi
 - ▼
 - Machida Station
- Point requiring attention

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around 1 h 57 min.
Distance	around 7.8 km
Calorie consumption	around 351 kcal
Number of steps	around 11140 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.



Tokyo Metropolitan Government Health Promoting character **KENKOUDEUSUKA-MAN**

Recommended Site

Icons: Shrines and Temples Park Other

Serigaya Park



This is a park surrounded by water and lush verdure. There is a teeter-totter-like huge object at the Niji-to-Mizu no Hiroba square, and water drips down from the object.

Machida-temmangu Shrine



This is said to have been established as a shrine for the local deity of Hara-machida around 1580. The enshrined deity is Michizane Sugawara.

SL Degoichi



SL Degoichi (D51 steam locomotive) has been preserved since 1972 in Machida City after operating for nearly 30 years.